



Helping you find the Power to Overcome... **Live Well, Virginia!**



Chronic Disease Self-Management Class

Wednesdays, June 7 – July 19, 2017 *(no class on July 12)*
10:00 a.m. – 12:30 p.m.

Huguenot Road Baptist Church

10525 W. Huguenot Road, North Chesterfield 23235

This free, six-week self-management program is designed to help you learn to best manage your health condition and take control of your life and health. Research has shown that people who participate in this workshop report greater energy, better ability to manage stress, increased exercise and physical activity, and improved quality of life.

Workshop topics include:

- Discovering better nutrition and exercise choices
- Finding ways to control pain and fatigue
- Practical tips for making daily activities easier
- Effective communication about your health
- Managing fear, anger and frustration
- Developing action plans for lifestyle changes

Register for our FREE six-week program that helps people with on-going health conditions self-manage their conditions and take control of their life. To register, contact the Senior Advocate's Office at (804)768-7878 or via email at senioradvocate@chesterfield.gov by June 5.